

**CAJUN ROAST BEEF (PRECOOKED ROAST BEEF)**

**Yield** 100

**Portion** 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
314 cal	6 g	41 g	13 g	117 mg	712 mg	19 mg

**Ingredient**

BEEF BROTH  
 JUICE,VEGETABLE,CANNED  
 THYME,GROUND  
 SEASONING,CAJUN  
 WORCESTERSHIRE SAUCE  
 HOT SAUCE  
 CORNSTARCH  
 WATER  
 BEEF,OVEN ROAST,PRE COOKED

**Weight**

4-1/4 lbs  
 1/8 oz  
 1-1/3 oz  
 8-1/2 oz  
 8 oz  
 13-1/2 oz  
 1-5/8 lbs  
 30 lbs

**Measure**

2 gal  
 2 qts  
 1 tbsp  
 1/4 cup 1/3 tbsp  
 1 cup  
 1 cup  
 3 cup  
 3 cup

**Issue**

**Method**

- 1 Prepare broth according to package directions.
- 2 Combine beef broth, vegetable juice or tomato juice, thyme, cajun seasoning, worcestershire sauce, and hot sauce. Bring to a boil.
- 3 Dissolve cornstarch in water. Slowly add mixture to broth while stirring vigorously with a wire whip. Boil 2 minutes, or until cloudiness from cornstarch becomes clear.
- 4 Slice cold roast beef against the grain into 4 ounce slices. Arrange slices in steam table pans in shingle fashion.
- 5 Ladle 1-1/2 quarts sauce over beef in each pan. Cover.
- 6 Bake in convection oven at 350 F. with fan on, closed vent for 10 minutes. CCP: Internal temperature must reach 140 F. or higher for 15 seconds.
- 7 CCP: Hold for service at 140 F. or higher.